

Raw tiramisu

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Raw tiramisu

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Raw tiramisu



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Megan May of The Unbakery shares her delightful raw tiramisu recipe, perfect for entertaining.

Over the years we have created many different raw versions but this one works

especially well. The addition of a dark chocolate layer makes it a little bit messy to cut

but is key to its success. The result is pieces of hard, snappy, bitter dark chocolate

against the soft vanilla and fluffy coffee creams. All together, it really is dessert

perfection! For a non-caffeinated version you can use dandy blend, which is a delicious

dandelion-based coffee alternative.

Ingredients (Serves 10 to 12)

Almond Base

- 1 cup dried coconut
- $\frac{3}{4}$ cup dates
- 1 cup activated almonds
- 1 tbsp organic maple
- 1 tbsp softened coconut butter (or coconut oil)
- 2 pinches flaky salt
- $\frac{1}{4}$ tsp vanilla bean powder

Dark Chocolate

- $\frac{1}{4}$ cup melted cacao butter
- $\frac{1}{3}$ cup melted coconut oil
- 2 tbsp liquid sweetener (light raw agave, organic maple syrup or brown rice syrup)
- $\frac{1}{2}$ cup raw cacao powder (plus extra for dusting)
- Pinch sea salt
- $\frac{1}{2}$ tsp vanilla bean powder

Vanilla Cream

- 1 cup young coconut flesh
- $\frac{3}{4}$ cup almond milk
- 1 tbsp vanilla extract
- 2 tbsp Irish moss paste
- $\frac{1}{3}$ cup xylitol
- $\frac{1}{3}$ cup + 2 tbsp melted cold-pressed coconut oil
- $\frac{1}{4}$ tsp vanilla bean powder

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Coffee Cream

- 1 ¼ cup cashews (soaked 2-4 hours)
- ½ cup almond milk
- 3 tbsp Irish moss paste
- ½ cup strong, cold brewed coffee (or dandy blend)
- 2 tbsp freshly ground coffee (or dandy blend)
- ⅓ cup organic maple syrup or raw agave
- 1 tsp vanilla extract
- Pinch salt
- ⅔ cup melted cold-pressed coconut oil

Method

To prepare the almond base, blend the dried coconut into a flour using your food processor and set aside. Blend the almonds into an almost cous-cous-like texture then add dates and blend until well combined and the mixture is slightly sticky.

Add the remaining ingredients to the food processor including the coconut flour you set aside earlier and pulse a few times until combined. The mixture should hold together well.

Line an approximately 17 by 22 centimetre tin or container with plastic wrap. Press the mixture into the base of the tin evenly and firmly. Place in the refrigerator while you are making the rest of the layers.

To make the dark chocolate, melt the cacao butter and coconut oil by placing them in a bowl set over another bowl or pot with boiling water in it. Once the butters are melted, add your liquid sweetener and the cacao powder, sea salt, and vanilla. Keep the bowl over the hot water and stir gently until the mixture is well combined, at least 10 minutes. You want the temperature to stay around 41°C to ensure a smooth, consistent chocolate that doesn't separate.

Take the almond base you prepared earlier out of the fridge and spread ½ cup melted chocolate over the base to create a thin chocolate layer. Allow to set in the fridge while you make the cream filling.

Blend the coconut flesh, almond milk, vanilla extract, Irish moss paste and xylitol in a high-speed blender until very smooth. With the blender still running, slowly pour in the coconut oil until well incorporated then add the vanilla bean powder and pulse a few times. Pour over the chocolate layer and set in the freezer for 1 or 2 hours or until firm enough to add the next layer of chocolate on top.

Once the cream layer is set, spread the other half of the chocolate over it, and return to the freezer for another 30 minutes while you prepare the coffee cream.

Blend the cashews, almond milk, Irish moss paste, cold brew coffee, ground coffee, organic maple, vanilla and salt in a high speed blender until very smooth. With the blender still running, slowly pour in the coconut oil until well incorporated. Pour over the dark chocolate and vanilla cream layer and leave to set overnight.

Before cutting, leave out of the fridge for 5 minutes and prepare a hot knife - this will help the chocolate soften a bit and won't crack when cutting. Cut into 12 squares or rectangles, sprinkle with a layer of cacao and decorate with coffee beans

Words and recipes: Megan May (theunbakery.co.nz)

Images: Lottie Hedley

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